



# Robinson Is New Navy Surgeon General

*From BUMED Public Affairs*

Vice Adm. Adam M. Robinson Jr., Medical Corps, became the 36th Surgeon General of the Navy and the Chief of the Navy's Bureau of Medicine and Surgery at a ceremony at the National Naval Medical Center in Bethesda, Md., Aug. 27.

He succeeded Vice Admiral Donald C. Arthur, Medical Corps, who retired from the Navy after 33 years of service. Arthur had been the Navy Surgeon General since August 2004.

Most recently, Robinson was the Commander of the National Naval Medical Center at Bethesda and Commander Navy Medicine National Capital Area and Chief of the Medical Corps. Robinson has also served as medical officer to the commander of Naval Surface Force, U.S. Atlantic Fleet, commanding officer of Naval Hospital Jacksonville, Fla., and commanding officer of U.S. Naval Hospital Yokosuka, Japan. He has also served as deputy chief of Bureau of Medicine and Surgery's Medical Support Operations.

He is a native of Louisville, Ky., and holds a Doctor of Medicine degree from the Indiana University School of Medicine. He



**Vice Adm. Adam Robinson Jr. is the Navy's 36th Surgeon General.**

*U.S. Navy file photo*

entered the Naval Service in 1977 through the Armed Forces Health Professions Scholarship Program, and was promoted to flag rank in 2004. Shortly before taking over his new position, Robinson was

promoted from Rear Admiral to Vice Admiral.

"Thank you for your confidence in me. I am honored and humbled beyond words," said Robinson.

# Statement of Support for ESGR



Photo by MCSN James Holcroft

**NMCP Commander Rear Adm. Thomas Cullison signs a statement of support for the Employment Support of the Guard and Reserve while ESGR representatives Capt. (ret) Fred Berck (left) and Cmdr. (ret) Doyle Quisenberry observe the signing along with Jane Ackiss, NMCP Human Resources (back, far left), and several Navy Reservists.**

**The formality of signing the Statement of Service declares that NMCP abides by and supports employed Reservist and National Guard personnel under the Uniformed Services Employment and Reemployment Rights Act. Copies of the signed statement will be posted at NMCP and its clinics to show the command's support for employed National Guard and Reserve employees and those reservists performing as active duty and active duty for training at each location. Cullison thanked the committee and ESGR for their support of the Guard and Reserve.**

## Breast Cancer Awareness

A two-mile run and one-mile walk for Breast Cancer Awareness is scheduled for Sept. 26. Registration starts at 10:30 at the gym (building 276). The race begins at 11 a.m. Water bottles will be given to the first 50 people to register. Top finishers in each age group win t-shirts. Think Pink!! Call 953-7106 for more details.

## We Want Your News

Got News? — If you are planning a newsworthy event on base or in your clinic and would like your story covered, please contact Public Affairs to schedule a reporter and/or photographer.

If you wait until the day of the event, staff may already be scheduled to cover other stories. So call early and call often — we want your news! Email [eric.deatherage@med.navy.mil](mailto:eric.deatherage@med.navy.mil) or call 953-7986.

### *The Courier*

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708. The Courier is published monthly by the Public Affairs Office.

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This publication provides an avenue to circulate all useful information the NMC Portsmouth staff has to offer. Submissions are welcome. Contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil). Submissions should be in Word format. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be placed in the next issue space permitting. PAO is located in Building One, Third Deck, Rm. 311.

# Former NMCP Deputy Pinned Admiral

Former NMCP Deputy Commander Matthew Nathan was promoted to Rear Admiral (lower half) Aug. 3 in the NMCP Auditorium. Nathan is currently Fleet Surgeon to the Commander of U.S. Fleet Forces. He served as NMCP Deputy Commander from 2001 to 2004. Nathan then served as Commander of Naval Hospital Pensacola.

Nathan's wife Tammy and daughter Barbara placed the Admiral shoulder boards on his uniform. Retired Vice Adm. James Metzger officially promoted Nathan. Metzger also gave the welcome address and introduction. Metzger was the 7th Fleet Commander when Nathan served as the 7th Fleet Surgeon to the Commander.

Photo by MC1 Eric Deatherage



# Red Cross Volunteer Program



Photo by MCSN James Holcroft

Members of the Volunteer Program pose in the courtyard of Building 1. The Red Cross Volunteer Program ran from July 9 through Aug. 30. Participants were between 14 and 18 years old. The program helps create a pleasant atmosphere for patients and provide relief for staff while also allowing the teenagers to gain personal and professional skills. Volunteers worked in areas including outpatient clinic settings, administrative areas and provided support to Personal Services and Inpatient Services. The Volunteer Recognition Ceremony was Aug. 14. Each Volunteer received a certificate for achievement.

# 100th Ship at Full Dental Readiness

By Capt. Matthew Pommer, Dental Services Director

Aug. 22 marked the 95<sup>th</sup> anniversary of the Navy Dental Corps. For the personnel of Naval Branch Dental Clinic Norfolk, it was a day to celebrate another milestone: the USS Bainbridge (DDG-96) became the “Centennial Super Ship.” Since Sept. 11, 2001, every ship and submarine to depart Norfolk in support of the Global War on Terrorism has done so above 95 percent Operational Dental Readiness. USS Bainbridge was the 100<sup>th</sup> vessel to deploy at the congressionally mandated level.

“That is our Super Bowl,” said Fleet Liaison Officer, Capt. John Browning. “We are 100-0 in the big game!”

“We are here to serve the most deserving dental patients in the world: United States Sailors,” said Lt. Karen Parvin, the Assistant Fleet Liaison Officer. “We do it with great pride and determination and we do it as a team.”

Teamwork indeed. In addition to the Fleet Liaison Department’s six Mobile Dental Units, the Branch Dental Clinic at Naval Station Norfolk is the largest

free standing dental clinic in the Navy and quite possibly, the world. They see more than 600 patients daily and provide in excess of \$25 million worth of dental care annually.

The 200-plus member staff is composed of active duty officers, enlisted, General Service and contract personnel. They boast a

Additionally, the building houses the Navy’s premier East Coast Area Dental Lab which constructs crowns, bridges, partial dentures, full dentures and implants for naval installations east of the Mississippi River, west of Bahrain and from Maine to Key West.



**Naval Branch Dental Clinic Norfolk operates six Mobile Dental Units.**

robust assortment of board-certified specialists including comprehensive dentists, periodontists, endodontists, prosthodontists, oral maxillofacial surgeons, general dentists, an orthodontist, registered dental hygienists, dental assistants and support staff.

The Dental Clinic at Naval Station Norfolk has served the fleet for more than six decades, through five wars/hostilities and has undergone five name changes. Throughout those changes, the staff continues to take great pride in providing quality dental care to its active duty beneficiaries.

Its mission will continue to ensure operational dental readiness for U.S. Navy and Coast Guard Sailors, Marines, Soldiers and Airmen. “We take our mission very seriously,” said Capt. Matthew Pommer, NMCP’s Director of Dental Services. “We are entrusted with the dental health care of our nation’s heroes. Failure is not an option. I look forward to our ‘winning streak’ going on for a very long time.”



**Director of Dental Services Capt. Matt Pommer, HM3 Terence Ash and NMCP Commander Rear Adm. Thomas Cullison cut the cake to celebrate the 95th anniversary of the Navy Dental Corps aboard the USS Bainbridge.**

Photo by  
MCSN James Holcroft

# Second Group of Lean Six Sigma Black Belts

By Deborah Kallgren,  
NMCP Public Affairs Officer

Navy Medicine recently graduated its second class of Lean Six Sigma (LSS) Black Belts at Naval Medical Center Portsmouth. The class of 17 civilians, officers and enlisted are now poised to use LSS principles to improve Navy Medicine by making it more responsive and more efficient with a minimum of error.

Just over a year ago, the Department of Defense adopted LSS as a way to transform the services to improve speed, agility and precision. It is developed from two methods corporations have used successfully. "Lean" focuses on analysis. It identifies wasted effort in an existing business process and focuses on streamlining to maximize efficiency. "Six Sigma" is an evaluation method that focuses on quality and aligns business processes with the customer needs.

Class members represented commands from all over the world, traveling to Portsmouth for one week, once a month for four months. Jeannine Hardwick, R.N., from Naval Hospital Corpus Christi, is excited to put LSS into action. "Our command fully supports LSS. Senior leadership used the methodology in the Executive Steering Committee off-site planning for the year 2007 strategic goals. Now we will begin the commandwide deployment of this valuable methodology."

Cmdr. Karin Warner, Head, Quality Management at U.S. Naval Hospital Okinawa, agrees. "I get to make a difference. The focus is more outcomes- and data-based, and is



Photo by MCSN James Holcroft

focused on ensuring we understand and meet the needs of our customers.

"Lean Six Sigma is fairly new to the medical side of the house, so we were able to provide excellent discussions in applying what we were learning to what we do every day in military medicine."

Cmdr. Matthew Newton, Executive Officer at Naval Ophthalmic Support and Training Activity (NOSTRA) in Yorktown, said, "Black Belt training allows us to better quantify and develop our operational processes in a systematic, data driven manner, focusing our improvement efforts on those areas that are value-added to our mission and the beneficiaries we serve. LSS will enhance NOSTRA's ability to provide our Armed Forces the 'Sight to Fight'."

Navy Medicine has four broad LSS focus areas: Individual Medical Readiness to prepare Sailors and Marines to deploy (Navy Medicine East); casualty care continuum to ensure optimal recovery from injury (Navy Medicine National Capital Area); maternal child product line to support families (Navy Medicine West); and contracting processes to provide a responsive business environment (Navy Medicine Support Command.)

Expect to hear more about LSS: It will become the common language of Navy Medicine's workforce because everyone will participate in improving the business of Navy Medicine. LSS processes truly will help Navy Medicine "work smarter, not harder".

# Specialized Program for Wounded

*From Health Net Federal Services*

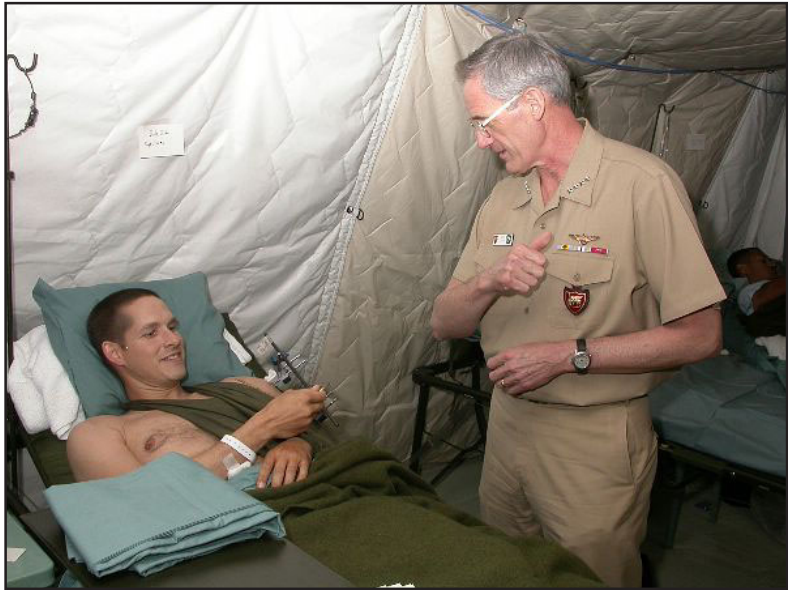
Health Net Federal Services recently announced the launch of its Warrior Care Support Program to directly connect severely injured or ill Warriors and their families or care-support members to a single point of contact for total health care support once the Military Treatment Facility (MTF) system has determined care for a Warrior will be best delivered within the civilian health care sector.

“The Warrior Care Support Program is designed to leave the navigation of health care services to the Health Net Care Coordination Team and allow Warriors and their families to focus their time and energy on healing and recovery,” said Steve Tough, president, Health Net Federal Services.

Through this specialized health care service, Health Net will ensure that physical and behavioral health care services, including social services, are accessible to Warriors and are provided in a timely, coordinated fashion. Each Warrior will be assigned a Health Care Coordinator, who will assist in a seamless transition throughout the various stages of health care services and military status changes.

Following a Warrior’s transfer of care, the Health Care Coordinator will serve as the Warrior’s single point of contact, personally providing guidance through the civilian care continuum to facilitate best-in-quality health care and to improve the Warrior’s quality of life. The coordinator will work with MTF and VA physicians, physical therapists and other health care providers to coordinate care; empower Warriors with knowledge about their health care choices as they make decisions about their care; and assist with claims, resolutions and authorizations for civilian durable medical equipment and care.

Health Net’s Care Coordination Team includes handpicked professionals with experience in utilization management, transitional care, case management, social services and behavioral health services. In addition, a team of Health Net physicians



U.S. Navy photo by Lt. Timothy Boehlke

will work closely with Health Net care coordinators to provide support and counsel.

Health Net Federal Services, a subsidiary of Health Net, Inc., has a long history of providing cost-effective, quality managed health care programs for government agencies including the Department of Defense and Veterans Affairs. As the managed care support contractor for the TRICARE North Region, Health Net provides health care services to more than 3 million uniformed services beneficiaries, active and retired, and their families.

Health Net, Inc., is among the nation’s largest publicly traded managed health care companies. Its mission is to help people be healthy, secure and comfortable. The company’s HMO, POS, insured PPO and government contracts subsidiaries provide health benefits to approximately 6.6 million individuals in 27 states and the District of Columbia through group, individual, Medicare, Medicaid and TRICARE and Veterans Affairs programs.

The company’s subsidiaries also offer managed health care products related to prescription drugs, and offer managed health care product coordination for multi-region employers and administrative services for medical groups and self-funded benefits programs.

For more information, visit [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com).

# NMCP Corpsmen Deploy with 3/2



NMCP Sailors left for a deployment with the 3rd Battalion, 2nd Marines Aug. 1. 3/2 is an infantry battalion based out of Camp Lejeune.

HM2 Roger Byan  
HM1 William Dalton  
HA Daniel Green  
HA Samuel Holder  
HN Roman Key-Crowley  
HN Kenn Lathers  
HM3 Christopher Lohman  
HM3 Mark Nieves  
HN Travis Potter  
HN Christopher Scott  
HM3 Carl Simmons  
HM2 Glenn Swinney  
HN Daniel Tardy

Photo by MCSN James Holcroft

## 3/6 Returns after Seven Months

Sailors of the 3rd Battalion, 6th Marines returned to NMCP Aug. 20. They were greeted by friends, family and shipmates.

3/6 is an infantry battalion based out of Camp Lejeune. They had been deployed since January. During their time in Iraq, the 3/6 "Teufelhunden" Battalion turned over its battle space west of Fallujah to local Iraqi Security Forces.

The battalion played a major role in engaging the Albu Issa tribe, which ultimately led to the dismantling of al-Qaida and its influence in the Fallujah region. The battalion also established the initial Iraqi Provincial Security Forces in the Fallujah area and assisted in the establishment of the Habbaniyah Police Academy.



Photo by MC1 Eric Deatherage

# Sailor of the Second Quarter Luncheon

*Photo by MCSN James Holcroft*

The Sailor of the Quarter Luncheon was held Aug. 7. (left to right) HMCS(SW/AW) Stephen Murray stands with Bluejacket of the Quarter HN Don Giuy (Command Fitness), Junior Sailor of the Quarter HM3(SW/AW) Vincent Scalabrino (Boone Clinic) and Sailor of the Quarter HM1 Reina Valiente (Operative Specialties).



## Two Businesses Off-limits to Military

*From Navy Region Mid-Atlantic Public Affairs Office*

Two Virginia Beach businesses have been placed off-limits to all U.S. military personnel. They are Atlantis (formerly known as Ocean's Cabaret), located at 446 Oceana Boulevard near Naval Air Station Oceana, and H&W Wholesale, Inc. (doing business as Top Shelf Trucks, Inc.), 756 Military Highway. Both businesses have been placed off-limits by Rear Adm. Rick Ruehe, Commander, Navy Region Mid-Atlantic, upon the recommendation of the Hampton Roads Armed Forces Disciplinary Control Board (AFDCB).

Atlantis was formerly known as Ocean's Cabaret. They were placed off-limits in March after the AFDCB reviewed criminal activity at the

establishment over the past three years, including the shooting deaths of two Sailors in January.

H&W Wholesale (Top Shelf Trucks, Inc.) was placed off limits as a result of unfair and illegal business practices. This automobile dealership was formerly known as Hollywood Wholesale.

The safety and security of all service members is a priority with the Department of Defense. The board is an investigative committee composed of members from each military service and civilian advisers, who work with local law enforcement agencies and local businesses to prevent unfair and criminal practices against military members.

# Walk to Raise Awareness for Suicide

By Chris Gilchrist, Hampton Roads Survivors of Suicide Support Group

Join hundreds in Hampton Roads who will be walking together to bring depression and suicide out of the darkness into the light.

Suicide is a major medical issue in our civilian and military communities. In claiming over 31,000 lives every year, it is the 11th overall leading cause of death in America (homicide is the 15th); every 18 minutes someone takes their life; in Virginia, one out of every four over the age of 18 who dies by suicide is a veteran. Over 90 percent of those who take their own life are suffering from a diagnosable psychiatric disorder; one-third had a substance abuse disorder. Close to 20 million Americans suffer from depression; there will be more than 800,000 suicide attempts. Depression is a disease; it is treatable. Suicide can be prevented.

With goals of remembering those who died by suicide and of preventing future suicides, the Hampton Roads Survivors of Suicide Support Groups (SOS) is locally sponsoring this event. Members want to spare others from suffering the same tragedy they have endured. The SOS group has formed a partnership with the American Foundation for Suicide Prevention (AFSP), which is the country's only non-profit organization exclusively devoted to preventing suicides. Any money raised will go to AFSP to fund research, education and treatment programs.

In 2006, AFSP promoted 70 Out of the Darkness



Community Walks across the country. The Hampton Roads Walk was the first Virginian Walk and the second largest in the nation. This year the community will be joining 100 walks nationwide with thousands walking together.

Individuals are invited to join this cause whether you have lost a loved one to suicide or you share a concern about depression and mental illness; whether you participate by walking or joining in

Photo courtesy of [www.sos-walk.org](http://www.sos-walk.org)  
other activities; or whether you raise money or not -- you are very welcome. Together, we can raise awareness of depression and suicide. We can save lives.

For more information about the Out of the Darkness Community Walk or the Hampton Roads SOS call: Chris Gilchrist 483-5111 and visit our Web site [www.sos-walk.org](http://www.sos-walk.org).

## Main Chapel Schedule Catholic

Sunday, 10 a.m.

Daily Mass (Mon.-Fri.), 11:30 a.m.

## Protestant

Sunday, 8:30 a.m.

Wednesday, 11:45 a.m.

Please contact Pastoral Care at 953-5550  
or visit their office on the 2nd deck of Building 3.

# EMF-K Delta Completes Deployment

Story by MCI Cindy Gill,  
EMF-K Public Affairs

Expeditionary Medical Facility Kuwait (EMF-K) Detachment Delta returned in August concluding a six-month deployment. EMF-K is the only military hospital serving the medical needs of U.S. military, coalition forces and Department of Defense civilians in the desert of Kuwait.

One hundred fifty-nine Navy medical professionals represent nearly half of the full detachment strength. Detachment Echo replaced Delta in Kuwait.

During a period of two weeks, these Sailors have met and greeted their counterparts as well as trained and aided in acclimation of Detachment Echo in their new surroundings.

Detachment Delta faced and met several challenges throughout the deployment. From three mass causality events in three days to responding to blood and supply needs in Iraq. The Medical Regulating Office processed 166 air, 423 ground medevacs and facilitated the movement of 746 patients around the theater.

EMF-K and its subordinate units provided force health protection for 10,000 military members through 174,000 medical and dental encounters, 14,000 radiological studies, 135,000 prescriptions, 1,340 surgeries and 65,000 lab tests.

Detachment Delta executed an aggressive seven-month web-based local classroom training curriculum, which accumulated more than 6,000 hours of professional development training. EMF-K increased productivity in the Optometry clinic by 17 percent and optical fabrication workload by 50 percent to eliminate the average 18-day turnaround time.



EMF Kuwait file photo by Lt. Joshua Keil

Changing business practices in specialty care clinics, EMF-K reduced patient wait time from 3.9 to 0.67 days.

Located at Camp Arifjan, Expeditionary Medical Facility Kuwait is housed in tents. Construction is currently underway for a semi-permanent structure which is scheduled for completion later this year.

EMF-K is staffed by Navy Medicine professionals, including doctors, nurses and Hospital Corpsmen from 32 Navy commands around the world, including dozens from Naval Medical Center Portsmouth.

The 44-bed Level III medical facility is the only military medical facility of this type in Kuwait and is accessible by both ground ambulance and helicopter. Due to its location, in addition to Kuwait, EMF-K also cares for patients from Iraq and Afghanistan.

# Too Much Caffeine Causes Problems

From HM1 Eduardo Ortiz, Command DAPA

It is the world's most popular stimulant, and therefore, a drug. Children and adolescents gulp it down in cans. Adults and seniors drink it by the cup and pop it by the bottle.

And then you feel the results of caffeine. Whether it's in your coffee, tea, soda, chocolate, cocoa, or in pills, caffeine affects your health in dozens of dangerous ways.

At first, caffeine produces a state of alertness and increased energy. When the drug effects wear off, caffeine causes irritability, nervousness, headaches and depression. Yet, while it may speed up reaction time and improve automatic processing skills like doing arithmetic problems, it worsens performance of more complicated tasks. Caffeine also worsens fine motor coordination due to an increase in hand tremors.

Individuals who drink five to six cups of coffee or caffeinated beverages have shown behavioral and psycho-physiological symptoms due to caffeine. Some symptoms of excess intake of caffeine are restlessness, anxiety, irritability, muscle tremors, agitation, jitters, insomnia, lightheadedness, heart palpitations, diarrhea, increased urination and headaches.

While caffeine can delay the onset of sleep, it also interferes with rapid eye movement (REM) sleep, the deepest and most refreshing sleep and the stage when dreams occur. In a recent study, women who



routinely took caffeine-containing medications had more trouble falling asleep at night than those who had no caffeinated medications.

A morning cup of coffee or two or a caffeinated beverage generally isn't going to harm you. If you drink more than that, and you have trouble sleeping, cut back on the caffeine or eliminate it from your diet late in the day or early evening.

## Oakleaf Club Helps With Wish List



**NMCP Commander Rear Adm. Thomas Cullison poses with several members of the Oakleaf Officers' Wives' Club. The club recently donated dozens of items to clinics and wards of the command. Each year, departments submit lists of items desired but are not approved for command funds due to budget restrictions. Items included microwave ovens, coffee makers, CD players and DVD players.**

Photo by MCSN James Holcroft

# Bravo Zulu!!!

## ***Bronze Star***

Lt. Cmdr. Albert Y. Wong

## ***Meritorious Service Medal***

Cmdr. Christine D. Ehlers  
YNCS(SW/AW) James T.  
Hardy

Lt. Cmdr. Luz J. Wilson  
Capt. James J. Schneider  
Capt. Jose C. Dela Pena  
Capt. Frederick Fischer

## ***Navy & Marine Corps Commendation Medal***

Cmdr. Mary Whitcomb  
HM2 Sean Holder  
Lt. Cmdr. Eric C. Parlette  
Lt. Cmdr. Daniel M. Swisshelm  
Lt. Paul S. Villaire  
HM1(FMF) Kenneth B. Smith  
HMC(SW) Brian K. Humbles  
Lt. Cmdr. Robert S. Rinehart  
Cmdr. Kimberly A. Ferland  
HMC(SW) Peter D. Abais  
HMC(SW/FMF) John E.  
Rollinger  
Cmdr. Howard C. Fleischer  
Lt. Cmdr. Kathleen L. Harlow  
Lt. Cmdr. Janine Y. Wood  
ET1(SW) Kirk H. Minckler  
Lt. Cmdr. Scott A. Raison  
Cmdr. Joanne M. Tuin

Cmdr. Albert Y. Wong  
Lt. Carl R. Burgan  
HMCS(SW/AW/FMF)  
Randolph K. Overton

## ***Navy & Marine Corps Achievement Medal***

Lt. Lorie Conza  
Lt. Stacey M. Hamlett  
SK1 Angel M. Matospacheco  
HM3 Jordan P. Gethers  
SK1 Sherry L. Craddick  
HM2 Dale E. Martin  
HM1 Michael S. Spears  
HM2 Erwin N. Deguia  
HM2 James E. Gray  
HM2(FMF) Jason N. Spruill  
Lt. Cmdr. Scott J. Carlson  
HM3 Stephanie M. Lawrence  
HM3 Jaylene a. Crain  
MAC(AW/NAC) Paul T.  
Hughes  
HM3 Christopher D. Harrison  
HM2 Vickie S. Riley  
HM2 Francious C. Philippeau  
HN Frederick R. Thompson  
IT1(SW) Jamone D. Robinson  
HM2(FMF/SW) Roosevelt R.  
Walker, III  
HM3 Melodee R. Padrigio  
Lt. Cmdr. Cynthia L. Doering

## ***Letter of Appreciation***

Lt. Stacy Washington  
Lt. Joseph Fromknecht

## ***Letter of Commendation***

HM3 Elizabeth Esquivel  
HM3 Jamie D. Reiman  
CIV Willena H. Hopson  
HM3 Mariah E. Brown  
CIV Deirdre M. Hebert  
HN Jaylene A. Crain

## ***Naval Meritorious Civilian Award***

CIV James R. Collins, III  
CIV Marsha W. Turner  
CIV Mary J. Slade

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